

Welcome Spring! Here is what is going on the week of Mar. 31st to April 4th at the Senior Center. Weather is getting warmer and we hope to see you soon. Please note that, programs, events and services, times, dates and fees may change without notice.

-Tues. Apr. 1 to Apr. 30 from 8:15 - 4:00 **Art Exhibit:** Intergenerational photography display by Jacqueline Tuthill, (Grandmother) & Rebecca Tuthill, (Grandaughter). Combined they bring over 50 years of photography experience.

-Tues. Apr. 1 from 10:00 - 12:00 **Free Blood Pressure Clinic:** Blood pressure screenings provided by Cooley-Dickinson nurses. Walk-ins welcome. Open to all Seniors

-Tues. Apr. 1 from 10:00 -12:00 **PVTA Photo ID :** For disabled and senior citizens with documentation. Fee \$1.00

-Tues. Apr. 1 at 1:00 pm **Interfaith Help Fund** - Emergency financial assistance by referral. Serving Hampshire County residents

-Tues. Apr. 1 from 1:00-3:00 pm **Fuel Assistance Appointments:** Make an appointment with the NCOA Social Worker for assistance with your application by calling 413-587-1228.

-Wed. Apr. 2 from 9:00-12:00 pm **AARP Tax Preparation:** For community members. Must register by calling 413-587-1228.

-Wed. Apr. 2 from 9:00-10:00 am **No Cost Breakfast Program:** All Northampton seniors over 60 are welcome to join us for this nutritious breakfast program. Offered in conjunction with the Massachusetts Department of Elder Affairs and Highland Elder Services. This program will begin on Wednesdays and may be expanded in the future. Be sure to have your Senior Center scan card. Please register at reception.

-Wed. Apr. 2 at 1:00 pm **Preventing Falls Among Older Adults:** Falls prevention presentation by Cooley-Dickenson VNA & Hospice in cooperation with the Senior Center for a 6 week program to assist in determining fall risks, safety recommendations and other information. Call Michele Dihlmann at 413-587-1226 for information and to register.

-Wed. Apr. 2 at 1:30 pm **Veteran's Benefits Appointments:** Assistance with Veteran's benefits with Paul Neville.

-Wed. Apr. 2 from 5:30-9:00 pm **Wednesday evening programming:** Check the back of the calendar for scheduled programs. **Fitness Center now open for Wednesday evening memberships.**

-Wed. Apr. 2 from 7:00-9:00 pm **Group Sing:** 50 and over come join us for a fun time. For singers and non-singers alike. Join the fun!

Senior Companion Program – Accepting applications. No Fee. Call 413-587-1226 for more information.

Until next time, be safe!